



1351 West Central Park Avenue, Suite 200  
Davenport, Iowa 52804  
563-326-7504

Return Service Requested

# MARCH 2026 ACTIVITY CALENDAR



View calendar online at  
[csciowaillinois.org](http://csciowaillinois.org)

**Cancer Support Community, along with Gilda's Club partners uplift and strengthen people impacted by cancer by providing support, fostering compassionate communities, and breaking down barriers to care.**

As a Cancer Support Community affiliate, we are part of the largest employer of psychosocial oncology mental health professionals in the United States. Our global network brings the highest quality cancer support to the millions of people touched by cancer.

#### **Gilda's Club Davenport**

1351 West Central Park Avenue, Suite 200  
Davenport, IA 52804

Mondays, Wednesday, and Thursdays 8:00 AM - 4:00 PM  
Tuesdays 8:00 AM - 6:00 PM  
Fridays 8:00AM - 12:00PM  
Saturday/Sunday—Closed

#### **Gilda's Club Moline**

600 John Deere Road, Suite 101  
Moline, IL 61265

Monday thru Thursday 9:00 AM - 4:00 PM  
Fridays by appointment only, Saturday/Sunday—Closed

#### **Gilda's Club Clinton:**

By Appointment Only | MercyOne Medical Center and  
Radiation Oncology Center 1410 N 4th St., Clinton, IA 52732

Non-Profit Org.  
U.S. Postage  
**PAID**  
Davenport, IA  
Permit No.  
3217



**March is Colon Cancer,  
Kidney Cancer and  
Multiple Myeloma  
Cancer Awareness  
Month!**

## Educational Workshops

### Frankly Speaking About Cancer: Gynecological Cancers

This workshop is created for people diagnosed with gynecologic cancers. The materials educate patients on the types of gynecologic cancers, potential treatments and side effects, clinical trials, and the emotional concerns of a gynecologic cancer diagnosis. This workshop aims to help those impacted by gynecologic cancers navigate diagnosis, treatment, and survivorship. Attendees should build confidence, access resources & connect with other patients facing similar challenges.

**Featured Speaker:** Megan McDonald, MD, Gynecologic Oncologist at Iowa Health Care

This program is made possible by a generous grant from Cancer Support Community. This program is open to the community and offered virtually via Zoom. RSVP is required.

### Tune In to Wellness: The Benefits of Music for Mental Health

There's more to music than meets the ear! In this interactive workshop, we'll explore simple ways to strategically use music to improve mood, decrease pain, release emotions, and positively impact overall health and wellness.

**Featured Speaker:** Misty M. Dais, LPMT, MT-BC, NMT, is the owner and director of Quad Cities Music Therapy, and has been a Board Certified Music Therapist since 2002.

This program is open to the community and offered both in-person and virtually on Zoom. Whichever format you prefer, RSVP is required.

This program is made possible by the Iowa Cancer Consortium & the Iowa Department of Health and Human Services. We acknowledge the Centers for Disease Control and Prevention, for its support of the (IA) staff, and the printing and distribution of the monograph under cooperative agreement NU58DP07103 awarded to (IA). Its contents are solely the responsibility of the authors and do not necessarily represent the official views of CDC. You can learn more about the Consortium by visiting: <http://www.canceriowa.org/>

## Save the Date: April Cancer Transition Retreat

Join us April 17<sup>th</sup> for a full day retreat focused on the post-treatment phase of survivorship requires many things – physical activity, nutrition, a healthy emotional life, and management of physical health. Cancer Transitions@ is a free program designed to help cancer survivors transition from active treatment to post-treatment care.

## Other Special Programs

**Cultivating Self Love Workshop: Meditation:** This program teaches Loving-Kindness Meditation as a portable coping skill. We're offering two sessions this month — one in Clinton and one in Moline. Lead by intern Amberly.

**Cultivating Self-Love Series: Joy and Wellness Through Food:** Join us for a warm, one-hour kitchen gathering focused on simple, creative, and budget-friendly ways to prepare nourishing meals and snacks. Lead by intern Amberly.

**Creative Session- Caricature Workshop:** Join local caricature artist Bill Douglas on March 16th for a night of fun and wild sketching. No art or drawing experience needed.

**Music Therapy:** This program will replace all evening support groups on 3/31 and be ran by Misty at QC Music Therapy with a support group facilitator present for as needed support.

**Mahjong for Beginners:** Mahjong is a captivating, ancient tile-based game of strategy and skill. Join us to work on your mental clarity and focus through the fun of game play. This class is open to anyone impacted by cancer—no previous experience is required!

Look on the last page for special Children, Teen and Family programs!

## NEW PROGRAM: THERAPEUTIC ART GROUP

*No art experience required. All materials will be provided.*

Gilda's Club Davenport: March 11<sup>th</sup> 11:30AM-12:30PM

## HOW TO PARTICIPATE:

Anyone impacted by cancer is eligible to participate in our services. It's free and easy to join:

1

Call 563-326-7504 or complete a participant form online at [csciowaillinois.org/become-a-participant/](https://csciowaillinois.org/become-a-participant/)

2

Attend a Welcome Meeting (in-person, virtual, or on-demand) and complete the CancerSupportSource™ (CSS) on site or online.

3

Join us for any support group, program, or activity!

**Welcome Meeting:** Required for all new participants to attend. One-time meeting to learn more about what CSCIAIL offers and sign up for programs. Please call 563-326-7504 to schedule or see calendar for dates/times and sign up online.

**NEW:** In addition to in-person Welcome Meetings, we now offer an on-demand video version of our Welcome Meeting. If interested in watching the video and getting involved, scan the QR code here to visit our Get Started page with links to the video and required Google Form to fill out after watching.



**Pre-Registration:** Please register for activities you want to attend and cancel if you change your mind. Activities may be cancelled if we do not have enough people signed up, so please call ahead of time if you have not reserved a spot.

**When you (or your kids) are sick:** Please be considerate and stay home until you feel better if you have a contagious illness, as this puts those with compromised immune systems at risk.

**Weather:** If the weather is bad, please call ahead of time or check our Facebook page to see if the scheduled activity is still being held. Generally, we will follow suit with the community schools.

## March Special Programs for Children, Teens, & Families

### Family Event: Cooking Class:

Bring the whole family to Gilda's Club Davenport for some fun in the kitchen! We will all work together to make a meal from scratch and eat it for lunch! **A snack and dessert are also included.** This event is appropriate for all ages.

### Camp Hope, where Kids can be Kids again.

When there is a diagnosis that affects the family, children can be forced to grow up quickly. Camp Hope is a week long sleep away camp entirely free for children impacted by cancer who are going into 4th-9<sup>th</sup> grade, thanks to MercyOne Genesis Davenport Cancer's generous support through the MercyOne Genesis Foundation. It is at Camp Shalom Christian Camp in Maquoketa, IA.

June 14<sup>th</sup>- June 19<sup>th</sup>

Scan QR Code for more info.

or email [nora@csciowaillinois.org](mailto:nora@csciowaillinois.org)



# FUNDRAISING CORNER

All dollars raised stays right here in the Quad City community.

## PROGRAM SUPPORT

### Give Every Month and Make an Impact

You don't need a large gift to make a difference. Our Give Every Month program allows you to support Cancer Support Community with a recurring monthly gift of any size. Even \$5 a month adds up over time, helping provide free programs, resources, and support for those impacted by cancer.

By giving monthly, you become a sustained supporter, creating consistent hope and care for our members. Your ongoing generosity ensures that no one faces cancer alone—today or in the future.

### Help Keep the Momentum of The Giving Grid Going! !

Join our Giving Grid and make a big impact in a fun, simple way! The grid has 100 squares, each corresponding to a donation amount from \$1 to \$100.

When every square is filled, we'll raise **\$5,050** to support programs and services for 10 individuals for an entire year living with cancer.



Scan to become a monthly donor



Scan to Donate  
Venmo: CSCIAIL

## FUNDRAISING EVENTS:

**Live from QC It's Saturday Nite** | March 28<sup>th</sup> | Waterfront Convention Center

This is our signature event and a night to honor Gilda Radner, original cast member on Saturday Night Live, who understood that laughter is the best medicine and was the inspiration behind Gilda's Club. Enjoy an evening of entertainment featuring comedian Brad Upton and fan favorite Funktastic Five, with tickets that include heavy hors d'oeuvres and the live entertainment! Tickets are now available—every dollar supports our free programs and services for those living with cancer.

### Save the Date for our 2026 Events

**Golf Fore Gilda's!** | Friday, May 1<sup>st</sup> | Palmer Hills Davenport, IA

**Run for Hope** | Saturday, June 27<sup>th</sup> | The Rock Event Center Coal Valley, IL

**Mississippi Valley Dragon Boat Festival** | Saturday, September 19<sup>th</sup> | West Lake

**Diamonds & Divas** | October 1<sup>st</sup> | Waterfront Convention Center

## Recurring Support Groups

Please attend a Welcome Meeting before attending a support group.

**Connecting Through Cancer:** A support group for adults with any type of cancer diagnosis in which cancer is one of their primary stressors.

**Friends and Family Support Group:** A support group for adult friends and family of someone with a cancer diagnosis in which cancer is one of their primary stressors.

**Living with Loss:** A grief support group for adults who have experienced the death of a loved one due to cancer.

**NEW: Post Treatment Connect:** Survivorship support group, where the individual has completed treatment and/or is on maintenance drugs.

Sponsored by MercyOne Genesis Cancer Center.

**Prostate Cancer Support Group:** A networking group for those with a current prostate cancer diagnosis, survivors, significant others, spouses, caregivers, and care partners. Sponsored by and in collaboration with Us TOO Greater Quad Cities Prostate Support Group.

**Clinton Support Group:** A support group for anyone impacted by cancer including caregivers hosted at YWCA Clinton.

**Group Dinners:** Dinner will be available at Gilda's Club Davenport between afternoon and evening groups. Please RSVP at least a day in advance! Sponsored by Centennial Home Improvement LLC., Steel Plow, Cafe Express, and Valley Construction.

## Healthy Lifestyle Activities

**Chair Yoga:** Get Fit Where You Sit™ by adapting yoga poses to a chair.

**Spice Club:** Each month introduces a new spice! Engage in activities, explore flavors, and enjoy a fun-filled experience! Participants are sent with some of the spice to try at home.

### ON-HOLD UNTIL SPRING:

- **Walking Club** (Moline)
- **Walk and Talk** (Location Varies)

## Social Events

**Book Club:** Join other participants for a book discussion. See online registration for date and book selection.

**Coffee & Canines:** Relax with our furry friends and experience the calming benefits of pet therapy. Interact with the dogs if you choose—coffee optional.

**Game Night:** Join volunteer Sujay for a game session on March 17<sup>th</sup> at our Davenport Clubhouse!

## Kids & Teens

**Kid's Club:** Supervised play for our youngest participants, ages 1-12. Play games, make crafts, and hang out with other kids and our wonderful volunteers. Teens are welcome.

**Teen/Tween Art Connect:** Join other teens and tweens ages 8 and up who are impacted by cancer, whether it's their own diagnosis, that of a loved one, or they've experienced the death of a loved one to cancer. All are welcome. See the calendar for dates!

## Wellness Wednesdays



All skill levels welcome.

**Qigong for Well-Being:** A beginner-friendly class using gentle guided movements to activate energy, reduce stress, and support overall well-being.

**Cancer Exercise Class:** A supportive class for cancer survivors focused on improving strength, balance, and overall health through safe, guided exercise.

**Barre for Beginners:** A low-impact, full-body workout blending ballet, Pilates, and yoga to build strength, flexibility, and posture.

**Nourish & Network:** Enjoy a healthy recipe demo and tasting, followed by casual conversation and connection with others.

Look on the last page for special Children, Teen and Family programs!

# March 2026

LOCATION KEY:

VIRTUAL

HYBRID



MOLINE



DAVENPORT



OFFSITE

MON	TUE	WED	THU	FRI
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
<p><b>1:00-1:45PM</b> Chair Yoga <b>1:45-2:15PM</b> Coffee &amp; Canines</p> <p><b>5:00-6:00PM</b> Virtual Music Therapy</p>	<p><b>3:00-4:30</b> Connecting Through Cancer <b>4:30-5:30</b> Welcome Meeting <b>4:30-5:30</b> Group Dinner - Pasta Bake <b>5:30-7:00</b> Connecting Through Cancer <b>5:30-7:00</b> Friends and Family Group <b>5:30-7:00</b> Kids Club</p>	<p><b>10:30-11:30AM</b> Qigong for Well-Being</p>	<p><b>12-1:00PM</b> Connecting Through Cancer <b>6:00-7:30PM</b> Living with Loss Group</p> <p><b>4:00-5:00PM</b> Self Love Meditation &amp; Reflection (CLINTON)</p>	<p><b>10:00-11:00AM</b> Mahjong for Beginners <b>11:00AM-12:00PM</b> Spice Club</p>
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
<p><b>5:30-6:30PM</b> Frankly Speaking About Cancer: Gynecological Cancer Workshop Featuring Dr. McDonald</p> <p><b>1:00-1:45PM</b> Chair Yoga</p>	<p><b>3:00-4:30</b> Connecting Through Cancer <b>4:30-5:30</b> Group Dinner - Taco Bar <b>5:30-7:00</b> Connecting Through Cancer <b>5:30-7:00</b> Friends and Family Group <b>5:30-7:00</b> Kids Club</p>	<p><b>10:30-11:15AM</b> Cancer Exercise Class <b>11:30-12:30AM</b> Therapeutic Art Group </p> <p><b>12:00-1:00PM</b> Welcome Meeting</p>	<p><b>12:00-1:00PM</b> Connecting Through Cancer <b>1:15-2:15PM</b> Cultivating Self Love: Meditation &amp; Reflection <b>5:30-6:30PM</b> Post-Treatment Connect Group</p>	
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
<p><b>6:30-8:30PM</b> Creative Session: Caricature Drawing</p>	<p><b>3:00-4:30</b> Connecting Through Cancer <b>4:00-5:00</b> Game Night at Gilda's <b>4:30-5:30</b> Welcome Meeting <b>4:30-5:30</b> Group Dinner - Steel Plow <b>5:30-7:00</b> Connecting Through Cancer <b>5:30-7:00</b> Friends and Family Group <b>5:30-7:00</b> Kids Club <b>5:30-7:00</b> Teen/Tween Art Connect</p> <p><b>11:00-12:00PM</b> Clinton Support Group</p>	<p><b>10:30-11:15AM</b> Barre for Beginners <b>11:30AM-12:30PM</b> Nourish &amp; Network</p>	<p><b>12:00-1:00PM</b> Connecting Through Cancer <b>1:00-1:30PM</b> Coffee &amp; Canines <b>6:00-8:00PM</b> Prostate Support Group</p> <p><b>12:00-1:30PM</b> Volunteer Orientation <b>5:30-6:00PM</b> Coffee &amp; Canines <b>6:00-7:30PM</b> Living with Loss Group</p>	<p><b>1:00-1:45PM</b> Chair Yoga</p> <p><b>10:00-11:00AM</b> Mahjong for Beginners</p> <p><b>21 Saturday</b></p> <p><b>10:00-12:00PM</b> Family Cooking Class</p>
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
<p><b>1:00-1:45PM</b> Chair Yoga <b>5:30-6:30PM</b> Book Club <b>5:30-6:00PM</b> Tune into Wellness: Benefits of Music for Mental Health sponsored by ICC</p> <p><b>2:30-3:30PM</b> Sound Bath with Becky</p>	<p><b>3:00-4:30</b> Connecting Through Cancer <b>4:30-5:30</b> Group Dinner - Cafe Express <b>5:30-7:00</b> Connecting Through Cancer <b>5:30-7:00</b> Friends and Family Group <b>5:30-7:00</b> Kids Club</p> <p><b>12:00-12:30PM</b> Virtual Mindfulness Meditation</p>	<p><b>4:00-5:00PM</b> Welcome Meeting</p> <p><b>10:30-11:15AM</b> Cancer Exercise Class <b>2:00-3:00PM</b> Cultivating Self-Love Series: Joy and Wellness Through Food</p>	<p><b>12:00-1:00PM</b> Connecting Through Cancer</p>	
<b>30</b>	<b>31</b>			
<p><b>1:00-1:45PM</b> Chair Yoga</p>	<p><b>3:00-4:30</b> Connecting Through Cancer <b>4:30-5:30</b> Group Dinner - Steph's Tribe (Tex-Mex) <b>5:30-6:30</b> Music Therapy <b>5:30-6:30</b> Kids Club</p>			